



Nutritional status of patients at geriatric unit

- Their attitude and plate waste -

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Background and aims

- Undernutrition is a known problem among hospitalized elderly patients
- Many patients do not meet their nutritional requirements because of high plate waste
- Specific aims
 - 1) To assess the risk of undernutrition among patients within the Department of Geriatrics at LSH
 - 2) To assess the plate waste of the hospital food
 - 3) To assess the energy intake of patients within the Department of Geriatrics at LSH
 - 4) To assess patient's perspective on hospital food



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Methods

- Patients within the Department of Geriatrics at Landakot – LSH (N=181)
- Screening for malnutrition using the simple screening tool for malnutrition (N=178)
- Plate waste visually estimated using the plate diagram sheet (N=74)
- Two day full food record (N=17)
- Patients perspective on hospital food assessed with a 12-question questionnaire (N=17)



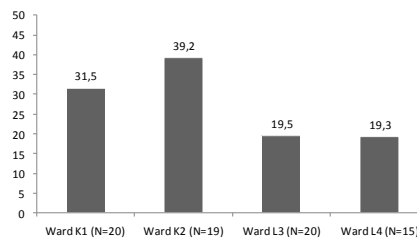
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Results

- 1) Nutritional status of geriatric patients
 - 117 patients (66%) have medium or high probability of malnutrition
- 2) Plate waste

Figure 1. Plate waste. Data are expressed as percentage.



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Results

3) Energy intake

- Average energy intake: 1300 kcal/day (17.7 kcal/kg)
- Average protein intake: 0.8 g/kg/day

4) Patients perspective on hospital food

- 13 (76%) said the hospital food was either very good or quite good
- More than half said the food wasn't warm enough
- No one was offered to choose between different menus
- 15 (88%) ate most of their meals in the dining room



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Conclusion

- Nutritional status of geriatric patients at LSH is likely insufficient
- Patients who have high probability of malnutrition should be further observed
- High plate waste
 - Should dinner be the biggest meal of the day?
- Should energy- and protein enriched menu be a default menu for geriatric wards?
- The possibility of a smaller menu should be used more often for elderly women



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